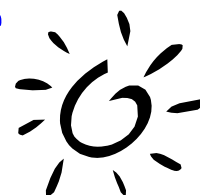


January 2006



# **Bright Ideas for Washington State Bright Futures**

January 2006



## **A News Update from the Washington State Bright Futures Project**

### **News from Washington State**



#### **Bright Futures Oral Health Training**

On Oct 20<sup>th</sup>, 2005, a Bright Futures Oral Health training was held at Pack Forest in Eatonville, Washington, in the shadow of Mt. Rainier. Oral Health staff from Local Health Jurisdictions around the state attended this training with a focus on:

- Creating a community approach to oral health in Washington State by fostering creation of local networks of support.
- Disseminating simple, consistent, evidence-based oral health-related information (including nutrition, tobacco and motivational interviewing).
- Facilitating Oral Health outreach to local partners of the LHJs, such as Head Start, ECEAP, WIC, 1<sup>st</sup> Steps, and Child Care.

Please contact: Joseli Alves-Dunkerson, *DDS, MPH, MBA*  
Senior Oral Health Consultant and Supervisor  
MCH Oral Health Program, Washington State Department of Health  
Joseli.Alves-Dunkerson@doh.wa.gov

#### **Oral Health: Training Resources from Maternal Child Health:**

<http://www.mchoralhealth.org/Toolbox/index.html>

<http://www.mchoralhealth.org/PediatricOH/index.htm>

<http://www.aap.org/commpeps/dohs/oralhealth/training.cfm>

#### **Bright Futures in Early Childhood Project**

11 early childhood education/ care programs continue to participate in the Washington State Bright Futures Early Childhood project. During a third round of Bright Futures workshops, the pilot sites shared descriptions of their creative Bright Futures projects. Examples included:

- \* Walking programs to promote physical activity
- \* Classroom curriculum development
- \* Distribution and use of the Bright Futures health organizers with families
- \* Partnerships with other community organizations, such as the local health department, to promote medical homes for families



Washington State Bright Futures is funded by the WA State Maternal & Child Health Program

#### **Washington State is on the AAP Bright Futures Website!**



Postings of a sample of Washington State Bright Futures activities are included on the American Academy of Pediatrics Bright Futures web site.

Visit "**Bright Futures in Practice**" in any of the following web categories:

- x Health Care Professionals,
- x Families and Communities and
- x Public Health Professionals

Click on **Bright Futures in Practice** and use the US map to learn more about BF activities in Washington State and elsewhere around the country.  
[Brightfutures.aap.org](http://Brightfutures.aap.org)

#### **We'll help!**

If you have a Bright Futures activity that should be listed on the AAP website, we'll help you get your information posted. Contact Jean Myers at [im9@u.washington.edu](mailto:im9@u.washington.edu)

- \* Community health fair focused on healthy nutrition and physical activity, sponsored in collaboration with the local health dept.
- \* Oral health promotion for children and their families
- \* Health promotion bulletin boards on nutrition, physical activity and other health topics
- \* Staff in-services to promote postpartum depression awareness
- \* Activities to boost staff health awareness, and to promote healthy choices and habits among the staff

The Early Childhood project continues through June 30, 2006. For more information, please contact Sue Wendel, [swendel@u.washington.edu](mailto:swendel@u.washington.edu)

## Bright Futures for Families

Bright Futures for Families is a project of Family Voices, developed in collaboration and with the support of the federal Maternal and Child Health Bureau (MCHB) of the Health Resources and Services Administration (HRSA). The Bright Futures for Families initiative, established in 1995, provides families with family-friendly child health and development information and materials based on the Bright Futures Guidelines. Please visit these websites to view the most recent newsletter and to obtain family friendly health promotion materials.

<http://brightfutures.aap.org/web/newsletter/FamilyVoicesfall2005.pdf>

<http://www.brightfuturesforfamilies.org/materials.shtml>

## Mental Health Foster Care project

The Department of Health received a grant from the Health Resources and Services Administration (HRSA) for a project titled *Bright Futures for Children and Youth in Foster Care (BFFC)*. Project goals are to:

- \* Increase capacity for the Office of Maternal Child Health to increase mental health promotion activities for children and youth via strategic planning, needs assessment and evaluation,
- \* Develop a model Bright Futures Mental Health for Children and Adolescents in Foster Care training curriculum to teach foster parents and their allies about the mental health needs of children in foster care,
- \* Increase awareness and understanding of mental health and the public mental health system among the different systems that provide services for children in foster care, and
- \* Decrease number of disrupted placements due to behavioral difficulties of children in foster care whose foster parents have participated in the Bright Futures Mental Health for Children and Youth in Foster Care Training.

The WA State Bright Futures project plans to partner with BFFC project staff, foster parents and foster care advocates to develop a training curriculum based on Bright Futures in Practice: Mental Health. By the end of the project 30 trainers and 300 foster parents and their allies will be trained on Bright Futures Mental Health materials.

For more information contact Mickey Kander, [mickey.kander@doh.wa.gov](mailto:mickey.kander@doh.wa.gov)

## RESOURCES

### TO:

- Request items from the Bright Futures Lending Library
- Learn more about the Washington State Bright Futures Project
- Obtain technical assistance or training in the use of Bright Futures materials

### Contact:

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**We Welcome  
Your Stories for  
this Newsletter!**

